



# Moving Forward Together: Mental Health, Self-Care, and Support Strategies

**Register Here:**



Many of us support loved ones daily. Whether you've chosen the word caregiver as a title or not, this workshop invites you to validate your experience within a community that understands the challenges that often accompany this journey. We will explore the mindset while providing a clinical toolkit of actionable coping strategies to manage stress, anxiety, and the emotional weight of caregiving. Together, we'll dive into a holistic self-care framework—spanning from emotional to financial wellness—designed to reduce your mental load through practical planning. Join us for a session where we prioritize your health as much as the care you provide, ensuring you never have to navigate this path alone.

**Featuring:**

Dr. Nicole O. Crawford, DrPH, MSW, MPH, CPH, LCSW

**Moderators:**

Dr. Linda Bradley, PhD, MPH, RN, PHCNS-BC

Robin Williams, MS, BCBA

Rosemarie Pinto, LCSW, QS

**May 6, 2026**

**6:30 p.m. EST**

**ZOOM**

***Presented By:***

